



DIET AND WEIGHT MANAGEMENT PROGRAM

*Steps to a Healthier You
Eating Right for your Health*



BETTER HEALTH THROUGH BETTER DIET

Chronic diseases, such as obesity, diabetes, cardiovascular disease, cancer, and osteoporosis, are the most common cause of death in the world. We all know they create a lifetime burden on our health and wallet. However, the good news is that these long-term diseases are largely preventable. Research has shown that making improvements in terms of diet and physical activity can help reduce the risk of these chronic diseases.

That means the lifestyle choices you make today will affect your entire life. That is why developing healthy eating habits can have a positive impact on the way you look and feel from childhood to your senior years.

GO BEYOND WHAT YOU WOULD DO ALONE

Have you ever made the decision to change your diet and improve your lifestyle but don't know where to turn? There's a destination that offers a personalized nutrition plan and the motivation you need to succeed... all at your convenience: Quality HealthCare Medical Centers.

WHAT CAN OUR REGISTERED DIETITIAN DO FOR YOU?

Set Up an Individualized Meal Plan:

Through one-to-one consultations, our Dietitian provides sample meals and snacks that will fit into your daily routine. These dietary advices are individualized based on your body weight and composition, eating and exercise habits, and health conditions.

Provide Medical Nutrition Therapies:

Our Dietitian can improve your health and overall quality of life by prescribing medical nutrition therapies that are targeted for your specific illnesses. Diseases that can be benefited include, but not limited to, cancer, diabetes mellitus, high cholesterol, eating disorders, gout, high blood pressure, and kidney diseases.

Organize Nutrition Talks and Health Functions:

Our Dietitian plans, develops and conducts nutrition talks and health functions to the public. Depending on what is deemed important to the audience, some topics cover general nutrition in terms of having good health and preventing disease while others are aimed towards children, the elderly, or people with special needs.

PERSONALIZED NUTRITION MEANS PERSONAL SUCCESS

Everyone is unique so there is no such thing as a one-size-fits-all diet regimen. At Quality HealthCare, you will benefit from our personalized attention and custom approach to your health issues, including, but not limited to:

- Losing or gaining weight, and keeping it off
- Preventing and controlling diabetes
- Fighting heart disease
- Lowering blood pressure
- Minimizing joint pain
- Fighting cancer
- Reducing gout flare-ups
- Correcting anemia
- Preventing osteoporosis
- Fighting kidney problems
- Maximizing infant and maternal nutrition
- Providing expertise on child and adolescent nutrition





Quality HealthCare Medical Services Limited